

Toxic Breastmilk? Breastfeeding and Substance Use Disorders

Abby Montague, MD

April 5, 2024

Disclosures

- No financial relationships
- Pictures are cited or the property of the presenter

Objectives

- Understand benefits of breastfeeding
- Describe the process of drug transfer into human milk
- Discuss the literature around drug excretion and potential infant toxicity for several substances
- Begin to develop a harm reduction approach to counseling breastfeeding parents with substance use disorders

Breastfeeding benefits

TABLE 2 Breastfeeding and Infant Outcomes^a

| Outcome and Reference | % Lower Risk | Breastfeeding ^a | Compared With: |
|---|--------------|----------------------------|----------------|
| SIDS ⁸⁷ | 40 | 2–4 mo | None |
| | 60 | 4–6 mo | None |
| | 64 | >6 mo | None |
| Infant mortality, United States ⁸⁸ | 19 | Ever | Never |
| Neonatal mortality (8–27 d) ⁸⁸ | 51 | Ever | Never |
| Postneonatal mortality ^d | 21 | Ever | Never |
| | 38 | >3 mo | Never |
| Infant mortality (7–365 d) ⁹ | 26 | Ever | Never |

Breastfeeding benefits

TABLE 2 Breastfeeding and Infant Outcomes^a

| Outcome and Reference | % Lower Risk | Breastfeeding ^a | Compared With: |
|---|--------------|----------------------------|-----------------|
| Lower respiratory tract infection ⁹¹ | 19 | Exclusive 6 mo | Exclusive <4 mo |
| Severe or persistent diarrhea ⁹¹ | 30 | Exclusive 6 mo | Exclusive <4 mo |
| Otitis media ⁹² | 33 | Ever | Never |
| | 33 | More | Less |
| | 43 | Exclusive 6 mo | None |
| Asthma 5–18 y ⁹³ | 10 | More | Less |
| | 12 | Ever | Never |
| Asthma ever, all ages ⁹⁴ | 22 | Longer | Shorter |

Breastfeeding benefits

Baby

- Decreased mortality, SIDS
- Decreased infections
- Decreased chronic diseases

Parent

- Decreased diabetes and HTN
- Decreased cancer



Contraindications to breastfeeding

- Classic galactosemia
- Maternal infections
 - HIV (in the US)
 - Human T-cell lymphotropic virus
 - Untreated brucellosis
 - Ebola virus
 - Hep C with cracked or bleeding nipples
 - HSV if lesions cannot be covered
- Illicit substance use

Drug transfer into human milk



- Factors favoring excretion into milk
 - ↓ Molecular weight
 - ↓ Protein binding
 - ↑ Lipophilicity
 - ↑ pKa
 - ↑ Efflux transporter affinity

Infant dose

- Absolute infant dose (AID) is amount in mg/kg/day based on average milk concentration and infant milk intake
- Relative infant dose (RID) the percent of parent's therapeutic dose the infant receives
 - Daily milk intake, M:P ratio, maternal plasma concentration
 - Plasma concentration depends on dose, bioavailability, dosing interval, and total body clearance.
 - Infant tolerance depends on bioavailability, clearance, and susceptibility

Organization Recommendations

- American Academy of Pediatrics
 - Academy of Breastfeeding Medicine
 - American College of Obstetrics and Gynecology
 - Centers for Disease Control and Prevention
 - SAMSA
- Recommend BF in women with OUD in remission
 - Cautious monitoring when on sedating substances
 - Contraindicated with active illicit substance use

Organization Recommendations

- **World Health Organization**

- “. . . encouraged to breastfeed unless the risks clearly outweigh the benefits”
- “. . . Advised and supported to cease alcohol or drug use; however, substance use is not necessarily a contraindication to breastfeeding”

Side note: Impaired parenting



Safe or Safer?



Roadmap

Clinical scenarios with
drugs of interest

- Amount
- Toxicity
- Duration



Scenario

- Out to dinner with a friend who just had a baby
- “Oh I know I just need to pump and dump if I drink too much.”



History



How Mother and Baby "Picked Up"

A case of **Blatz Beer** in your home means much to the young mother, and obviously baby participates in its benefits.

The malt in the beer supplies nourishing qualities that are essential at this time and the hops act as an appetizing, stimulating tonic.

Main 2400

BLATZ
MILWAUKEE
Always the same good old *Blatz*

179

W. J. L. & Co. Milwaukee

<https://beersnobsquad.wordpress.com/2015/08/06/vintage-beer-ads-blatz-edition/>



STAHL BEER

THE YOUNG MOTHER.

needs a great deal of nourishment to feed not only herself but the babe at her breast—two, you see. Instead of one, **Stahl Beer**—good, clean, pure, wholesome, nourishing beverage—is just the thing. Get **Stahl Beer** in case lots and have it delivered free in your home.

STAHL BREWING & MALT. CO.

Phone 22.

<https://juxtintime.wordpress.com/2014/04/30/beer-f-or-breastfeeding-mothers/>

Alcohol

Amount

- M:P about 1
 - Mirrored concentration curves
- Mannella & Beauchamp
 - RID about 1.9% (range 0.5%-3.3%)
 - AID 5.1 mg/kg (range 1.6-9.9)
- Parent has 4 drinks, feeds baby at T_{max}, baby BAL 0.005%

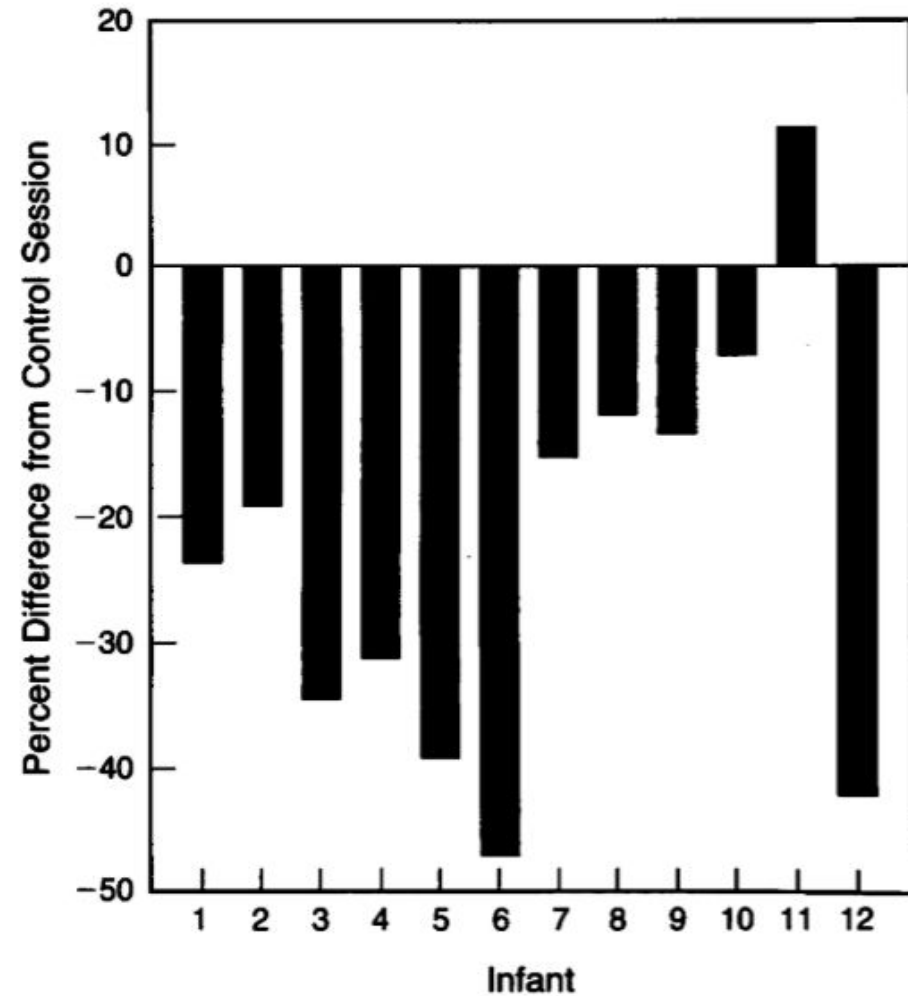


Mannella & Beauchamp 1991 & 1993
Hastrup 2013, Lawton 1985

Alcohol

Toxicity

- Decreased volume of milk intake



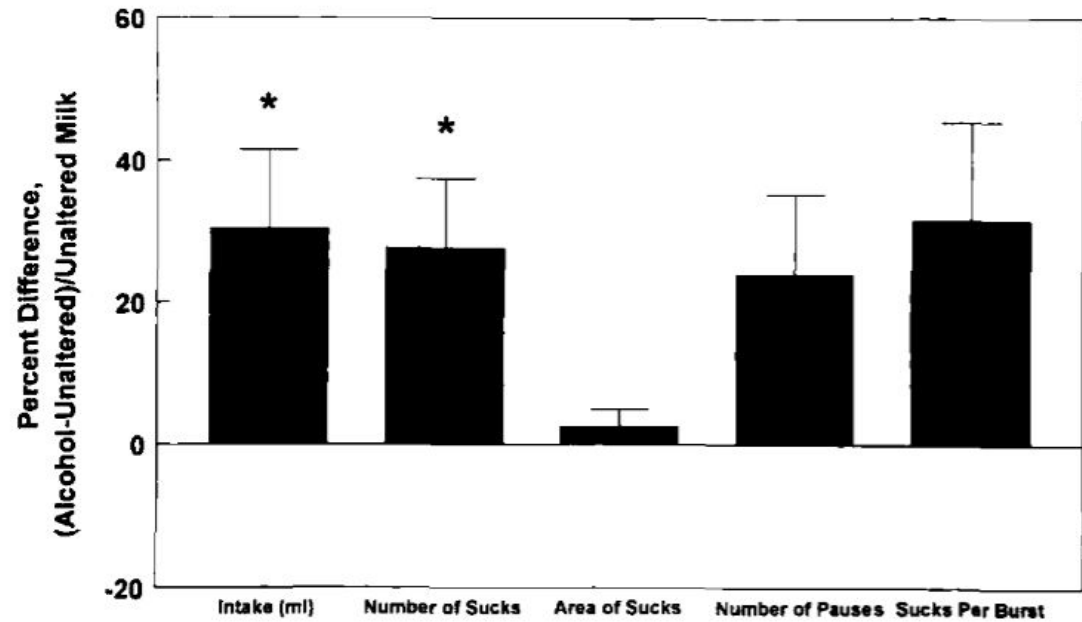
Alcohol

Toxicity

- ~~Decreased volume of milk intake~~
- Decreased milk transfer



SUCKLING RESPONSES TO THE FLAVOR OF ALCOHOL



Mannella JA, 1997

Mannella & Beauchamp 1991 & 1993

Hastrup 2014

Alcohol

Toxicity

- ~~Decreased volume of milk intake~~
- Decreased milk transfer
- Sleep disruption



Mannella & Beauchamp 1991 & 1993
Mannella 1997
Manella & Gerrish 1998

Alcohol

Toxicity

- Premie infants getting TPN
 - Intoxicated at .18%, .08%, .02%, and .004%
 - Others with no signs of intoxication at .001% - .02%

FETAL AND NEONATAL
MEDICINE Richard E. Behrman, *Editor*

*Intravenously induced infantile intoxication
with ethanol*

Virginia H. Peden, M.D.,* T. James Sammon, M.D., and
Dorothea A. Downey, M.D., *St. Louis, Mo.*

Long-term toxicity?

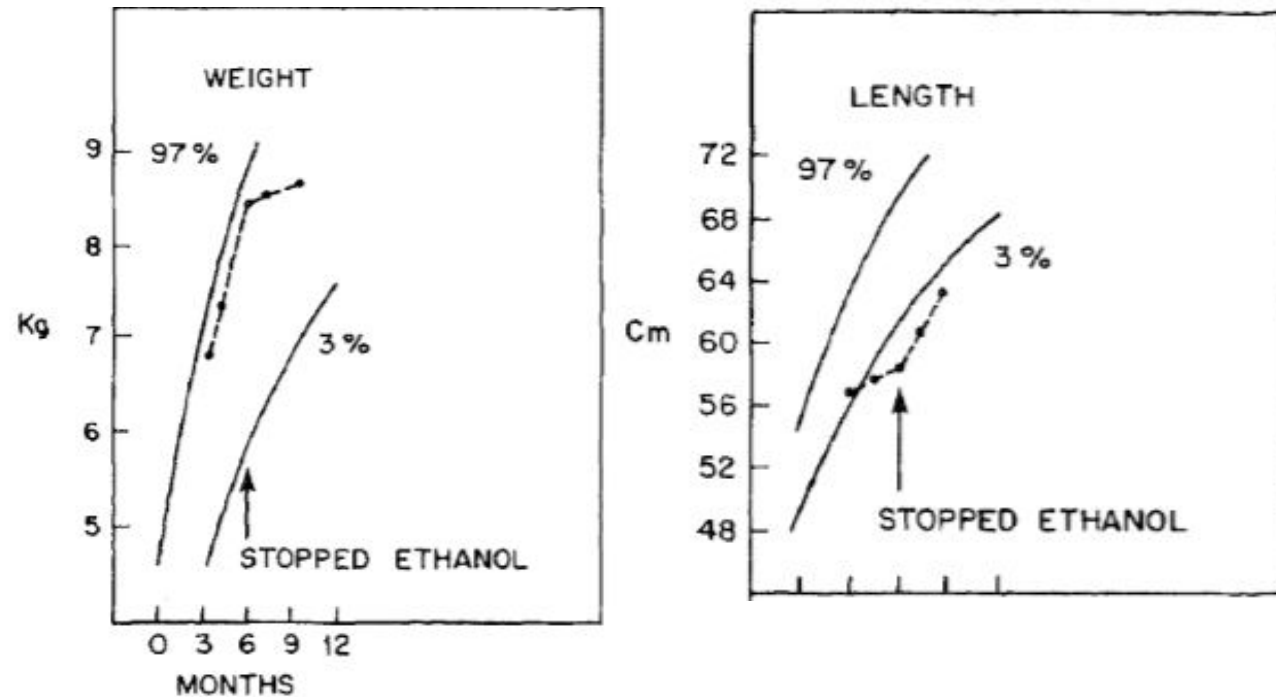


Fig. 1. Reversal of impaired growth and excessive gain in weight on stopping ethanol.

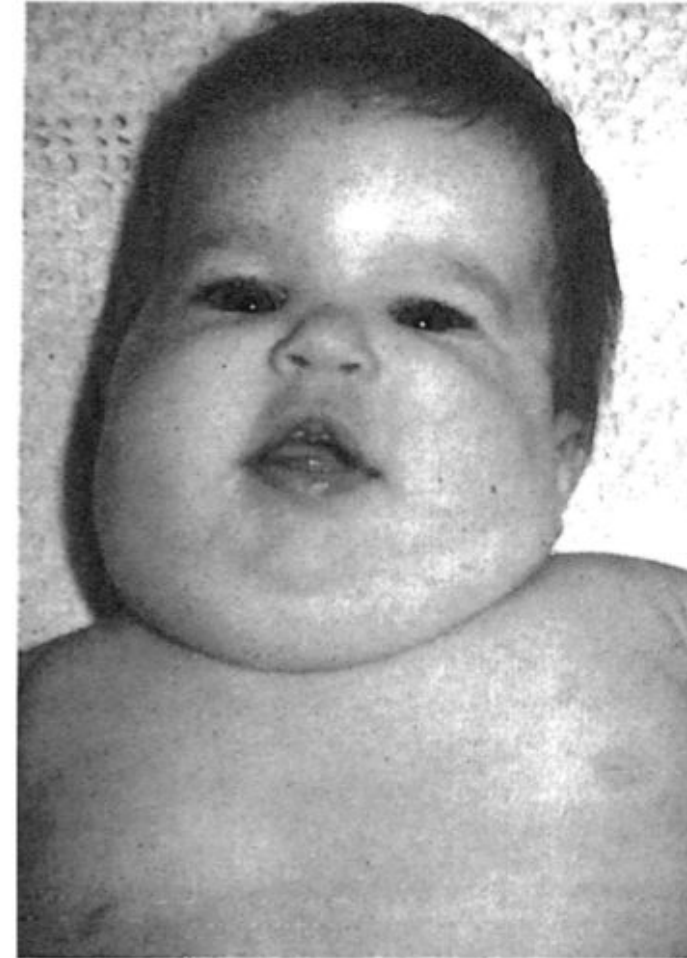


Fig. 2. Cushingoid appearance at 4 months.

Long-term toxicity?

- Delayed gross motor development when lactating parent's alcohol intake was >1 drink per day



Little 1989

Long-term toxicity?

- ~~Delayed gross motor development~~
- No differences in Ages and Stages Questionnaires
 - Improved personal-social interaction?



Little 2002, Wilson 2017

Long-term toxicity?

- Decreased nonverbal reasoning in 1st grade
- Decreased composition scores in 3rd grade
- Only spelling deficit persisted to 5th grade
- Poor grammar?
- No increased risk of autism or ADHD

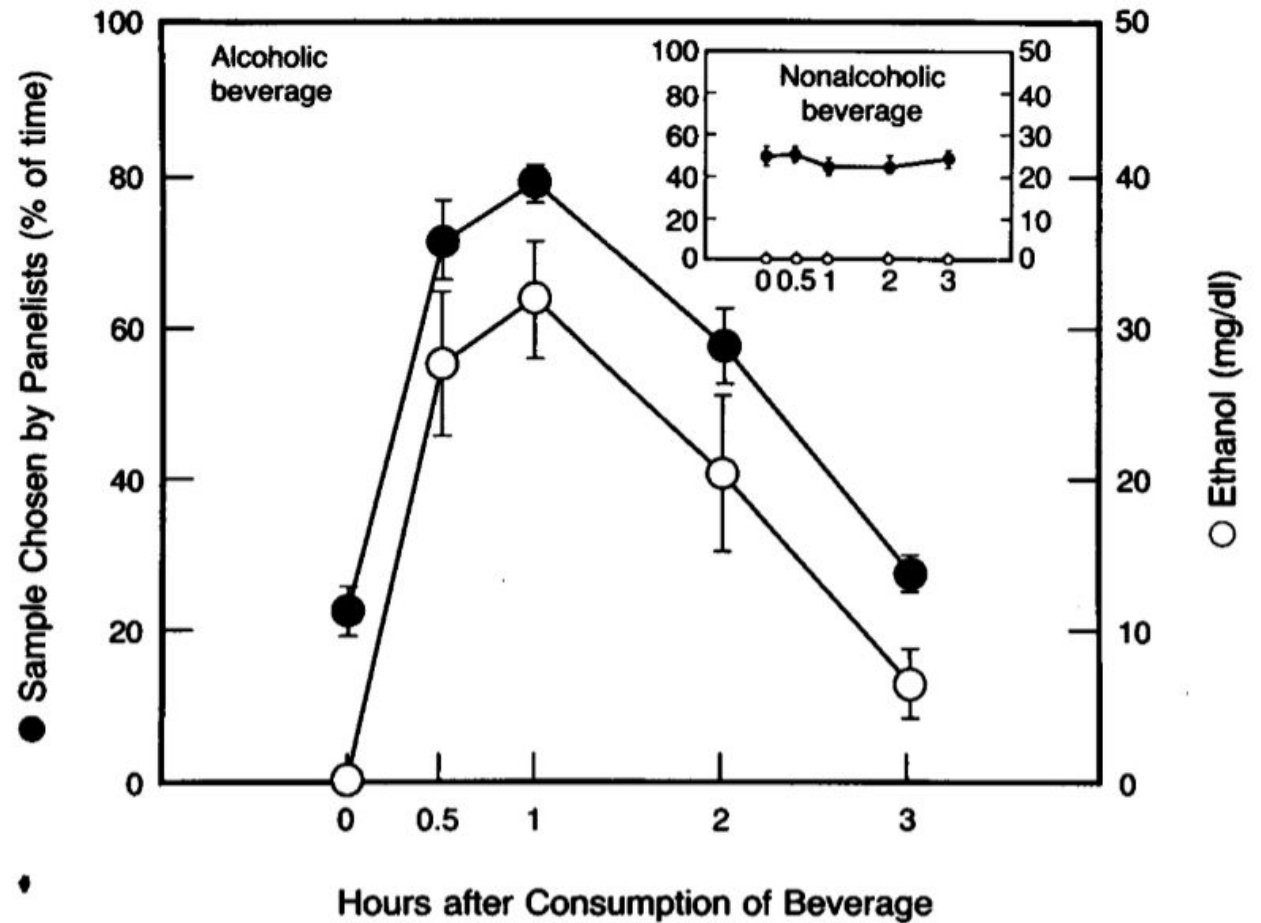


Gibson 2018, 2020, 2022
May 2016, Hastrup 2013

Alcohol

Duration

- Depends!
 - Weight
 - Dose
 - Timing



Alcohol

Duration

- Depends!
 - Weight
 - Dose
 - Duration

At the InfantRisk Center, we recommend that after moderate drinking you can return to breastfeeding as soon as you feel neurologically normal. However, we know this makes many moms uncomfortable. **To find out how long it will take *your* body to eliminate drinks from breastmilk, use this calculator backed by real research to estimate how long it will take for there to be NO alcohol in your milk—your *time-to-zero*.**

Calculate your “Time to Zero”

Weight in pounds: Number of [Standard Drinks](#):

Your Time-to-Zero alcohol in breastmilk is:

Please enter your weight and drinks above...

Don't forget to convert your drink to a [Standard Drink](#)!

Clear Form

Calculate Time-to-Zero

Disclaimer: Everyone's bodies work differently. This calculator is tailored to your weight, but should not be seen as an exact recommendation. It works best for weights between 90 and 210 pounds. Always use your best judgement to determine when it is safe to return to breastfeeding.

<https://infantrisk.com/content/alcohol-breastfeeding-whats-your-time-zero>

Alcohol

Duration

- Depends!
 - Weight
 - Dose
 - Duration

At the InfantRisk Center, we recommend that after moderate drinking you can return to breastfeeding as soon as you feel neurologically normal. However, we know this makes many moms uncomfortable. **To find out how long it will take *your* body to eliminate drinks from breastmilk, use this calculator backed by real research to estimate how long it will take for there to be NO alcohol in your milk—your *time-to-zero*.**

Calculate your “Time to Zero”

Weight in pounds: Number of [Standard](#) Drinks:

Your Time-to-Zero alcohol in breastmilk is:

7 hour(s) 36 minutes after 4 drink(s).

Don't forget to convert your drink to a [Standard Drink!](#)

Clear Form

Calculate Time-to-Zero

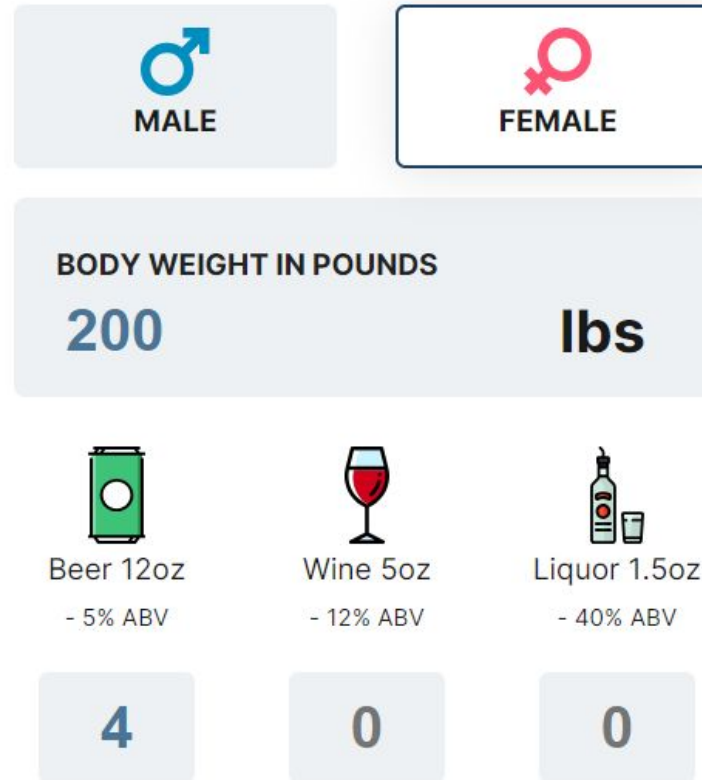
Disclaimer: Everyone's bodies work differently. This calculator is tailored to your weight, but should not be seen as an exact recommendation. It works best for weights between 90 and 210 pounds. Always use your best judgement to determine when it is safe to return to breastfeeding.

<https://infantrisk.com/content/alcohol-breastfeeding-whats-your-time-zero>

Alcohol

Duration

- Depends!
 - Weight
 - Dose
 - Duration



Your BAC is Approximately:

0.12%

It will take ~ 8 Hours to get to 0% BAC.

You are likely **slurring your words** and may have blurred vision. You may have obvious problems with body control and balance, and you may be experiencing impairments in your mental capacity. You should not operate a vehicle **under any circumstances**.

4kg baby drinks 4 oz =
BAC 0.005%

<https://alcohol.org/bac-calculator/>

Scenario

- Mother uses marijuana for anxiety, debating on whether to use after birth vs breastfeeding



Marijuana ($\Delta 9$ THC)

Amount

- M:P 6-8
- Baker study – controlled equal dose and timing
 - Median concentration 27.6 ng/ml
 - AID estimated 4-8 mcg/kg/day
 - RID about 2.5% (range 0.4%-8.7%)
 - Moss study same median, Josan similar
- Large range in reported AID
 - 1.42 – 48 mcg/kg/day

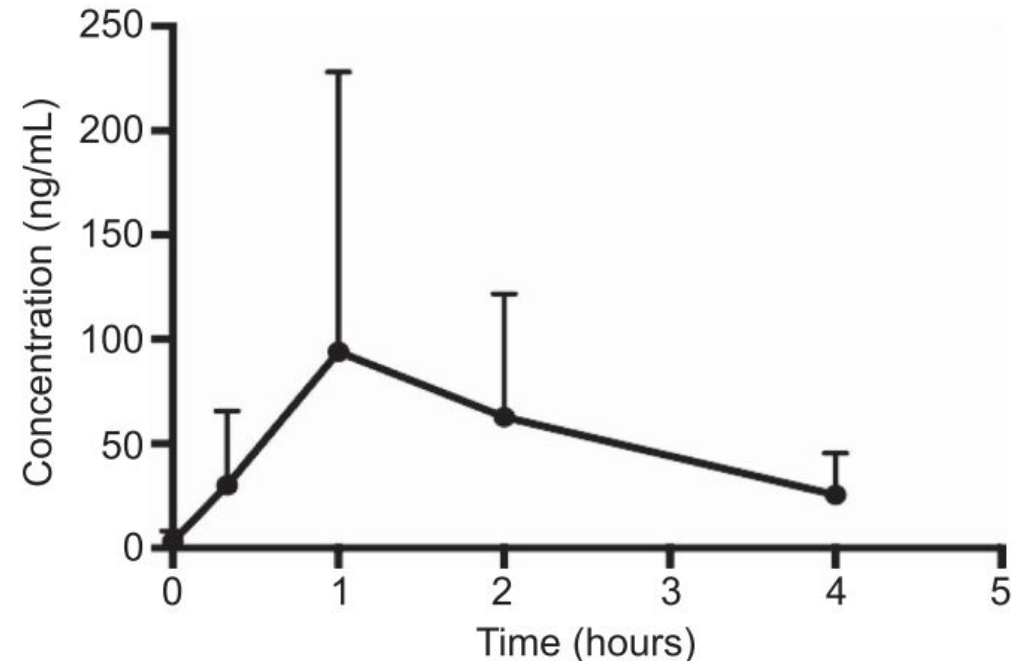


Fig. 2. Mean concentration time profile of delta-9-tetrahydrocannabinol in human breast milk (mean \pm SD, n=8).
Baker. Inhaled Cannabis in Human Breast Milk. Obstet Gynecol 2018.

Perez-Reyes 1982, Baker 2018, Moss
2021, Bertrand 2018, Josan 2022

Marijuana (Δ^9 THC)

Toxicity

- Acute toxicity unlikely (> 1 mg/kg)



Picture: Jennifer Sens for the New York Times (2/2/2017)

Kaczor 2021

Long-term toxicity?

Marijuana: Prenatal and Postnatal Exposure in the Human

Katherine Tennes, M.A., Nanci Avitable, M.A., Carol Blackard, M.D., Cecilia Boyles, M.A., Bernice Hassoun, B.S., Larry Holmes, M.S., and Marie Kreye, Ph.D.

NIDA Res Monogr Ser. 1985;NO. 59:48-60.

No difference + no power = no conclusion

Long-term toxicity?

- Decrease in motor score in infants with THC in breastmilk at one month
- No impact on mental development
- THC concentrations 1/3 of what they are today

Maternal Marijuana Use During Lactation and Infant Development at One Year

SUSAN J. ASTLEY*¹ AND RUTH E. LITTLE†

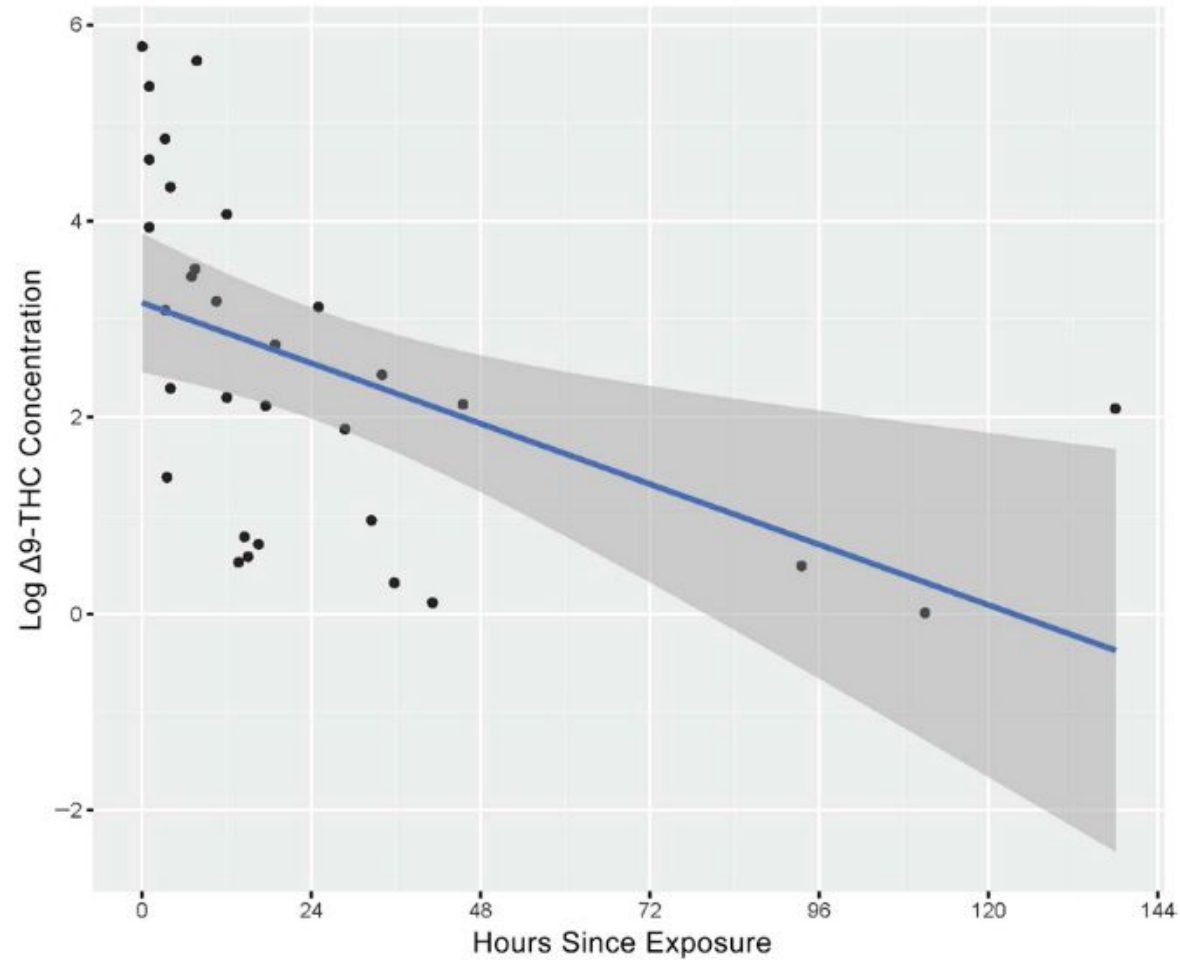
**Department of Pediatrics, University of Washington, Seattle, WA 98195*
†Department of Epidemiology, University of Michigan, Ann Arbor, MI 48109

Received 25 May 1989

Neurotoxicol Teratol. 1990;12(2):161-168

Marijuana (Δ^9 THC)

Duration
• 6 days



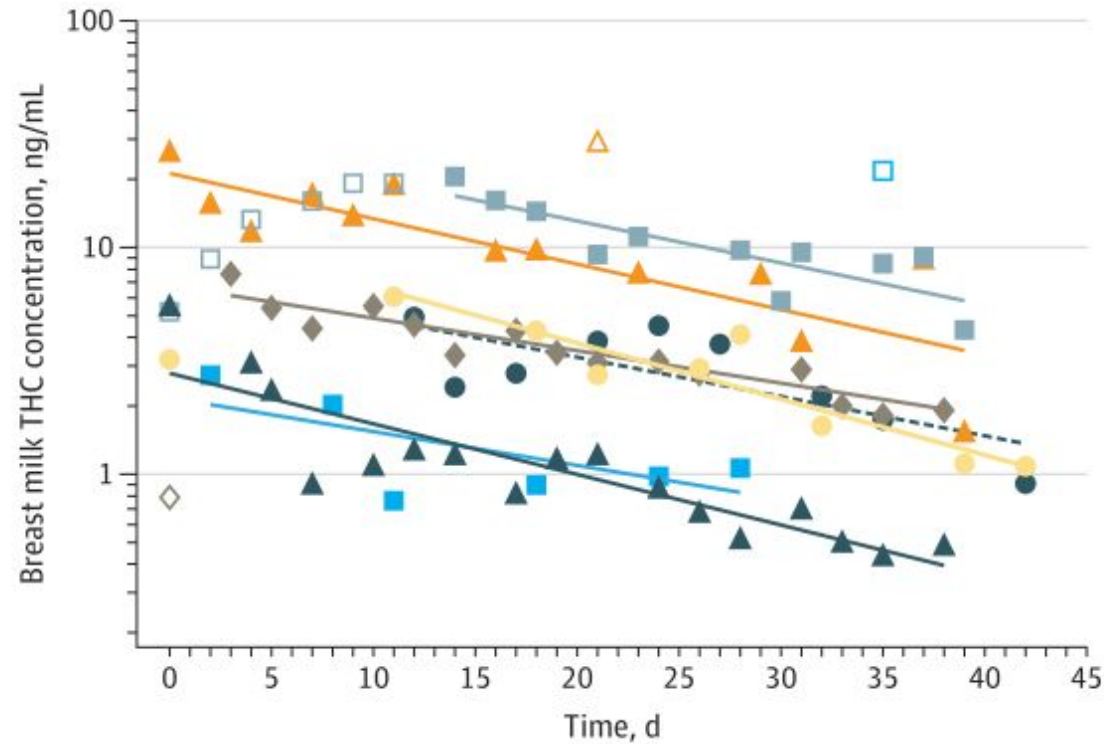
Bertrand 2018

Marijuana ($\Delta 9$ THC)

Duration

- > 6 weeks

Figure. Pharmacokinetic Modeling for the Estimated Time to Elimination of Δ -9-Tetrahydrocannabinol (THC) in Breast Milk Following Delivery



Clinical Scenario

- Mother with fentanyl use in pregnancy, most recently 7 days ago. Initiated on buprenorphine at that time and plans to enter residential treatment for mothers postpartum.



Fentanyl

Amount

- Steer series: colostrum after C/S or tubal surgery
 - Concentration 0.4 ng/ml
 - AID 0.06 mcg/kg/day
 - Nitsun series: mature milk after single dose
 - AID 0.024 mcg/day
 - Collected after 5 hours
 - Cohen case report: fentanyl patch
 - Concentration 6.4 ng/mL
 - AID .96 mcg/kg/day (2-3% RID)
-
- Most data in colostrum
 - Data limited to only pharmaceutical use

Steer *et al.*: FENTANYL IN COLOSTRUM

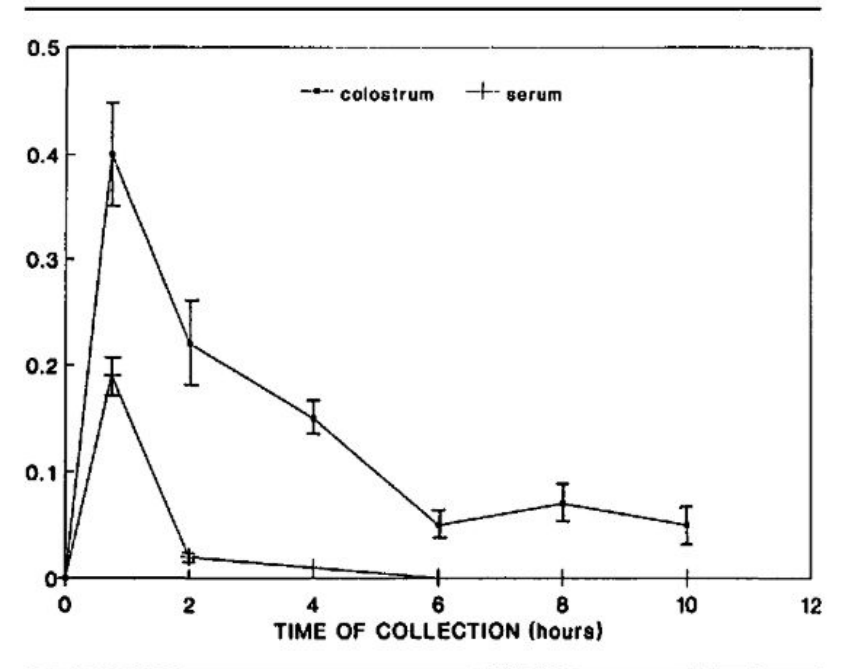


FIGURE Fentanyl concentration in colostrum and serum (ng · ml⁻¹) ± standard error of the mean.

Fentanyl

Amount

- High M:P ratio
 - 1.8 -> 11
- Persists longer in milk than plasma
- Higher concentration in chronic use and mature milk
 - Cohen article with patch, breastmilk concentration was 16-fold higher than colostrum study

Steer *et al.*: FENTANYL IN COLOSTRUM

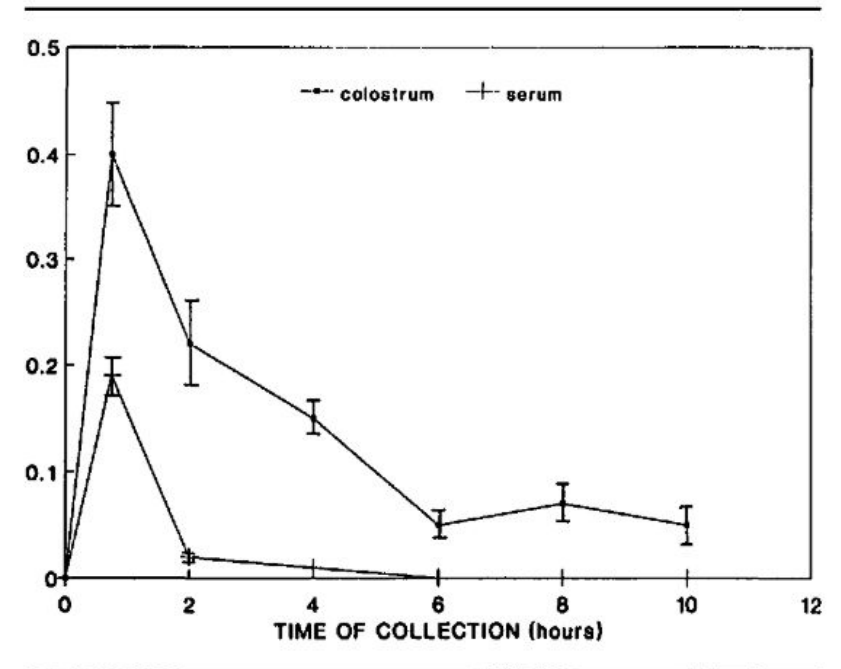
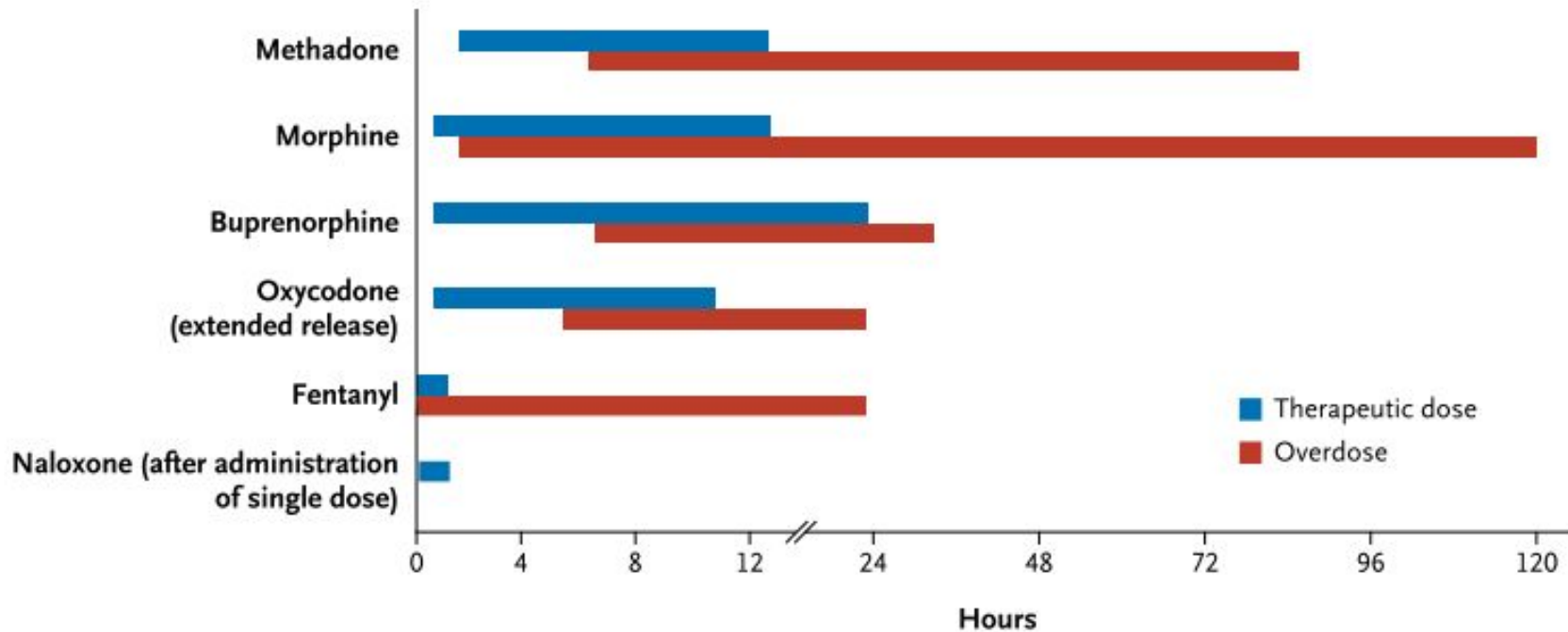


FIGURE Fentanyl concentration in colostrum and serum (ng · ml⁻¹) ± standard error of the mean.

Fentanyl - illicit

Amount = Dangerous

- Increased plasma concentration, free fraction, and duration



Fentanyl

Toxicity (infant susceptibilities)

- Immature respiratory control centers
- Higher amount at target tissue
 - Immature blood brain barrier
 - Higher free drug fraction
 - Decreased PGP
- Increased concentration of mu receptors
- Anatomic differences in airway
- Decreased clearance



Fentanyl

Duration

- Boyer – a day in moms who use recreationally
- Steer – 6 hours in milk for moms in surgery
 - Still present at low levels at 24 hours in other references

Fentanyl

Duration

- Boyer – a day in moms who use recreationally
- Steer – 6 hours in milk for moms in surgery
 - Still present at low levels at 24 hours in other references

Drug and Alcohol Dependence 214 (2020) 108147



Contents lists available at [ScienceDirect](#)

Drug and Alcohol Dependence

journal homepage: www.elsevier.com/locate/drugalcdp



Short communication

Protracted renal clearance of fentanyl in persons with opioid use disorder

Andrew S. Huhn^{a,b,*}, J. Gregory Hobelmann^{a,b}, George A. Oyler^c, Eric C. Strain^a



Boyer 2012, Steer 1992

Fentanyl

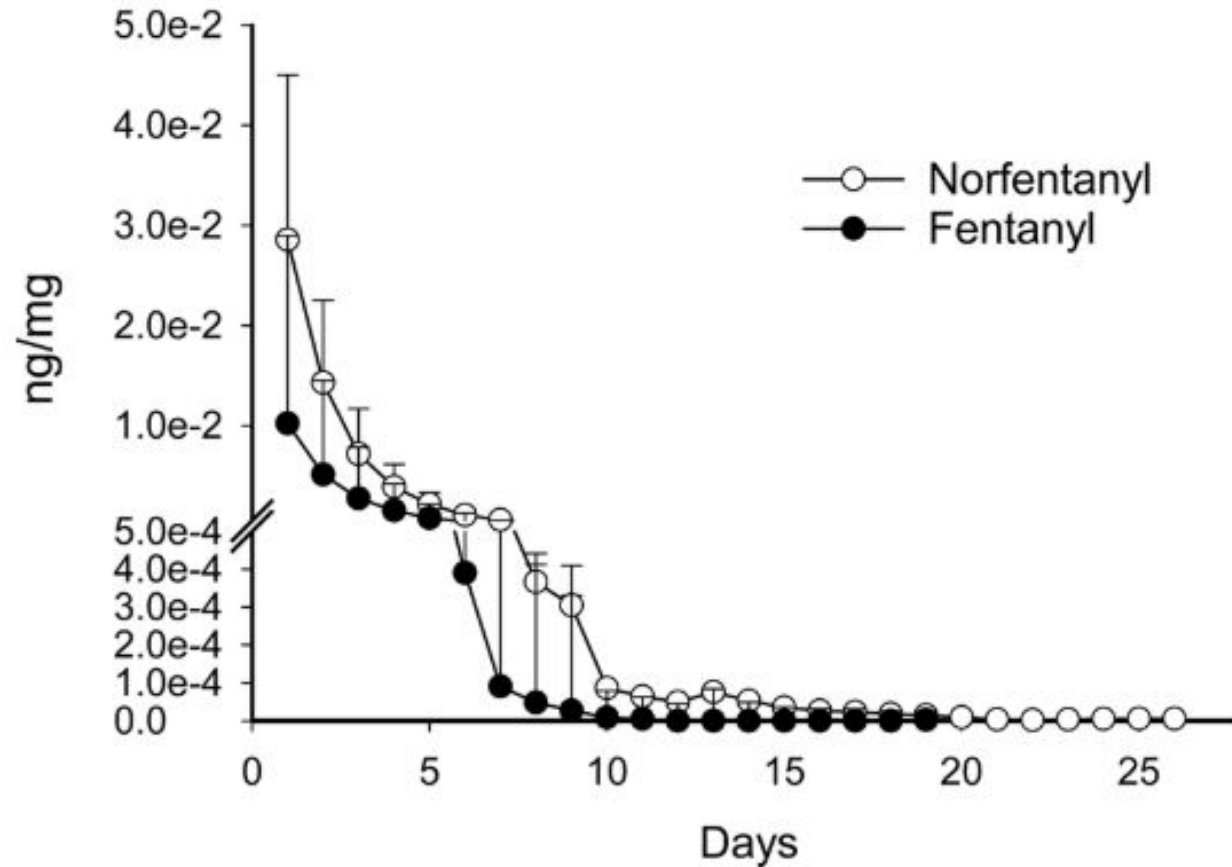
Drug and Alcohol Dependence 214 (2020) 108147

Duration

- Boyer – a day in mom
- Steer + others – 6 – 24 hours after that

- 48hr - 5 days with supervision
- or negative UDS

Fentanyl and Norfentanyl Elimination



Medications for opioid use disorder

| | Methadone | Buprenorphine |
|-------------------------|--|--------------------------------------|
| M:P | 0.4 (SD 0.21) | 0.7-2 |
| Concentration | 0.05 - 0.22 mg/L | 1.4-4.8 mcg/L |
| AID | 0.033 mg/kg/day (range 0.006-0.170) | 0.72 mcg/kg/day (max) |
| RID | 2.2% (range 0.52-8.8%) | < 1% |
| Therapeutic dose | 0.05 - 0.1 mg/kg q12-24 hours | 4-5.3 µg/kg/dose Max=60 µg/kg/day |

Clinical Scenario

- Mother with recent methamphetamine use (reported 3 days), UDS on admission positive for fentanyl and methamphetamine

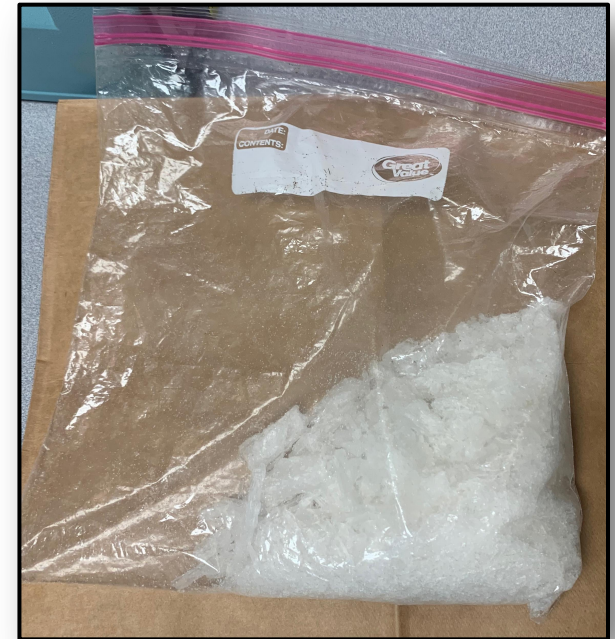
| Component | Value | Flag | Range | Units | Status |
|--|-------|------|-------|-------|-----------|
| Amphetamine Ur | POS | | <=500 | ng/mL | Corrected |
| Comment: | | | | | |
| Urine Amphetamine confirmed positive by LC/MS/MS. | | | | | |
| The Confirmation Threshold Concentration for Urine Amphetamines is 50 ng/mL. | | | | | |
| Urine Amphetamine = 227 ng/mL | | | | | |
| Urine Methamphetamine = 1184 ng/mL | | | | | |
| Urine MDA and MDMA = None Detected. | | | | | |
| Corrected from PENDING ng/mL [NA] on | | | | | |



Methamphetamine

Amount

- M:P ratio 2-4
- Bartu: 17.5 and 44 mcg/kg/day (IV)
- Chomchai: 21.3 and 51.7 mcg/kg/day (smoked)
- Ilett: 21 mcg/kg/day (Rx dextroamphetamine)
 - RID 5.7% but infants with plasma concentration 6 then 14% of moms'
- Steiner: 14 mcg/kg/day (Rx amphetamine)



Bartu 2019, Chomchai 2016,
Ilett 2007, Steiner 1984

Baby

| | | | |
|----------------------------|----------------|-------|---|
| Acetaminophen Ur | <=10 mcg/mL | NEG | |
| Amphetamine Ur | <=500 ng/mL | POS ! | Urine Methamphetamine present by Mass Spectrometry. |
| Barbiturate Ur | <=200 ng/mL | NEG | |
| Benzodiazepine | <=100 ng/mL | NEG | |
| Buprenorphine Ur | <=5 ng/mL | NEG | |
| Cocaine Metab Ur | <=300 ng/mL | NEG | |
| Fentanyl, Urine | <=4 ng/mL | NEG | |
| LSD Ur | <=500 pg/mL | NEG | |
| Methadone Ur | <=300 ng/mL | NEG | |
| Opiate Ur | <=300 ng/mL | NEG | |
| Oxycodone Ur | <=100 ng/mL | NEG | |
| PCP Urine | <=25 ng/mL | NEG | |
| Propox Ur | <=300 ng/mL | NEG | |
| Salicylate Ur | <=10 mg/dL | NEG | |
| Creat Urine | >=20 mg/dL | 65 | |
| Mass Spectrometry Urine | | | Lidocaine, Lidocaine metabolite, and Methamphetamine present. |

Normal vital signs

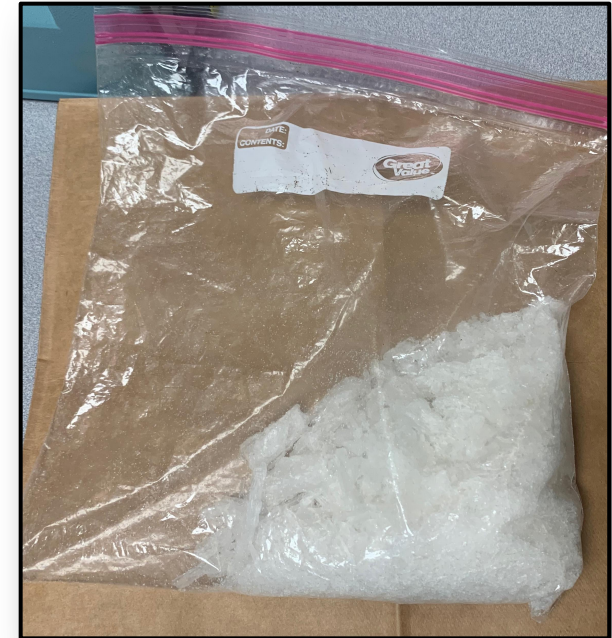
GENERAL: Alert, fusing and frantically waving arms in crib. Soothes quickly then escalates again. Near feeding time.

NEUROLOGIC: Some tremors in the arms when disturbed. Excessive sucking present with loud smacks on pacifier. Frantic and disorganized when trying to root. Passive ROM of extremities feels normal for age, but head lag is absent even when infant calm, indicating relatively high tone.

Methamphetamine

Toxicity

- Acute
 - Ayd 1973: no increased stimulation or insomnia
 - People vs Hendersen 1994
 - Woman convicted of killing infant via meth in breastmilk
- Long term:
 - 7 children in cases “normal”
 - 2 verified by formal assessment



LactMED 2021 (Ayd), Ariagno 1995, Bartu 2019,
Ilett 2007, Steiner 1984

Methamphetamine

- Duration - Bartu 2009
 - present 48 hours,
 - T1/2 7.4h and 13.5h

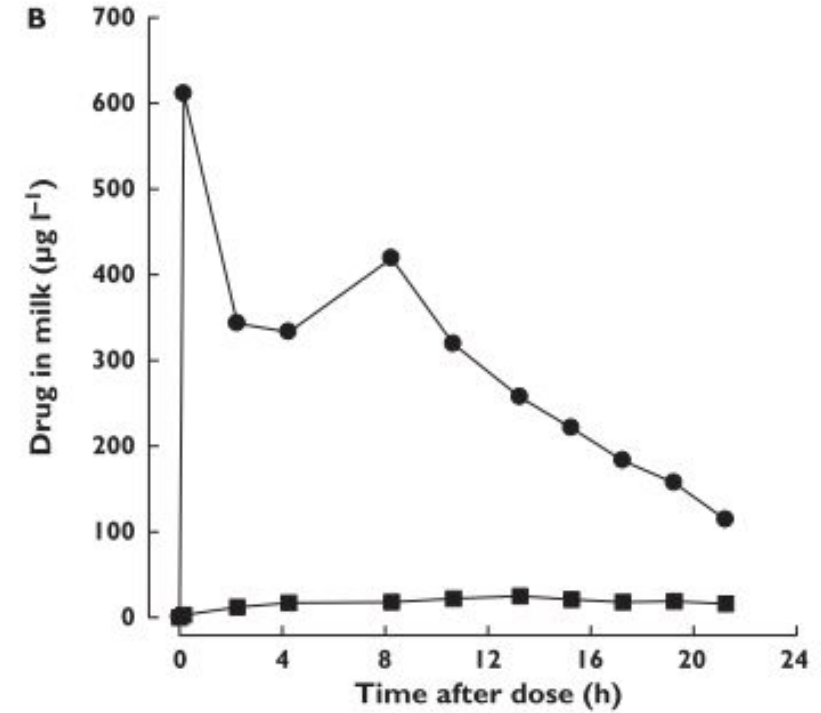
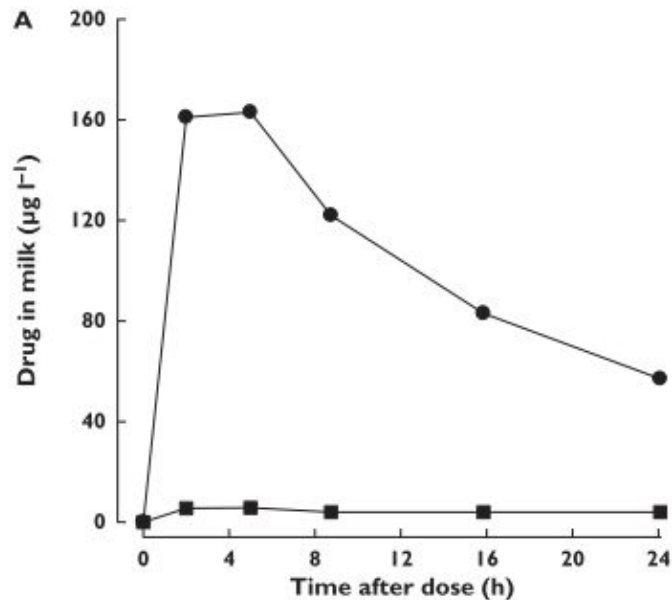


Figure 1

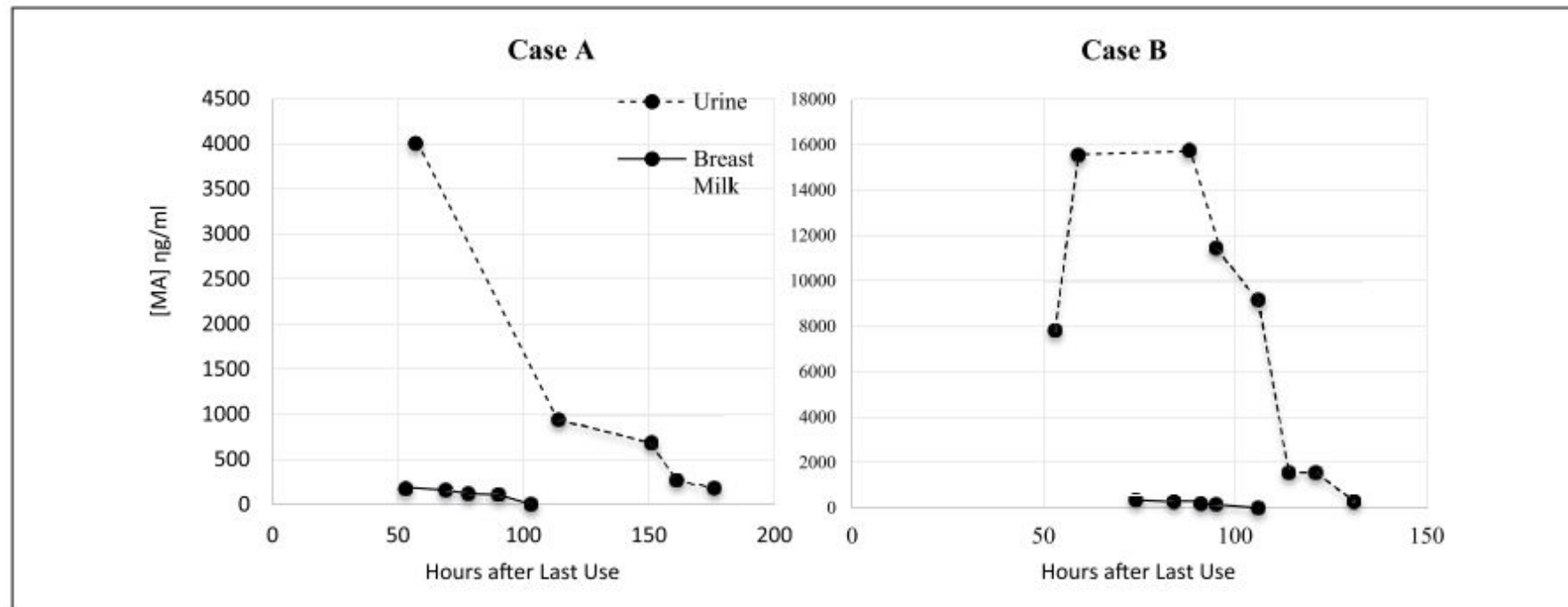
Drug concentration in milk vs. time for case 1 (a) and case 2 (b) following self-administration of one 'point' of methylamphetamine at zero time. methylamphetamine (●); amphetamine (■)

Methamphetamine

Duration – Chomchai 2016

- present 100+ hours

Figure 2. Methamphetamine Concentrations ([MA]) in Urine and Breast Milk versus Hours after Last Methamphetamine Use for Cases A and B.



Mom – DOD and 2 days later

| Component | Value | Flag | Range | Units | Status |
|------------------|---------|------|-------|-------|--------|
| Amphetamine Ur | PENDING | | <=500 | ng/mL | Final |
| Barbiturate Ur | NEG | | <=200 | ng/mL | Final |
| Benzodiazepine | NEG | | <=100 | ng/mL | Final |
| Cocaine Metab Ur | NEG | | <=300 | ng/mL | Final |
| Methadone Ur | NEG | | <=300 | ng/mL | Final |
| Opiate Ur | NEG | | <=300 | ng/mL | Final |
| Oxycodone Ur | NEG | | <=100 | ng/mL | Final |
| PCP Urine | NEG | | <=25 | ng/mL | Final |
| THC Ur | PENDING | | <=50 | ng/mL | Final |

| Component | Value | Flag | Range | Units | Status |
|----------------|-------|------|-------|-------|-----------|
| Amphetamine Ur | POS | | <=500 | ng/mL | Corrected |

Comment:

Urine Amphetamine confirmed positive by LC/MS/MS.
The Confirmation Threshold Concentration for Urine Amphetamines is 50 ng/mL.

Urine Amphetamine = 227 ng/mL
Urine Methamphetamine = 1184 ng/mL
Urine MDA and MDMA = None Detected.
Corrected from PENDING ng/mL [NA] on

| | | |
|-------------------------|-------------|---|
| Acetaminophen Ur | <=10 mcg/mL | NEG |
| Amphetamine Ur | <=500 ng/mL | NEG |
| Barbiturate Ur | <=200 ng/mL | NEG |
| Benzodiazepine | <=100 ng/mL | NEG |
| Buprenorphine Ur | <=5 ng/mL | NEG |
| Cocaine Metab Ur | <=300 ng/mL | NEG |
| Fentanyl, Urine | <=4 ng/mL | NEG |
| LSD Ur | <=500 pg/mL | NEG |
| Methadone Ur | <=300 ng/mL | NEG |
| Opiate Ur | <=300 ng/mL | NEG |
| Oxycodone Ur | <=100 ng/mL | NEG |
| PCP Urine | <=25 ng/mL | NEG |
| Propox Ur | <=300 ng/mL | NEG |
| Salicylate Ur | <=10 mg/dL | NEG |
| Creat Urine | >=20 mg/dL | 30 |
| Mass Spectrometry Urine | | Acetaminophen, Amphetamine, Ibuprofen, and Methamphetamine present. |

Clinical Scenario

- Mother with alcohol use disorder admitted in alcohol withdrawal then labor.
- Feels “already harmed baby enough” so does not want to breastfeed given medications she’s on for withdrawal and starting back on naltrexone.



Summary

- Breastfeeding benefits are significant and substantiated
- Drugs transmit into breastmilk differently
- Literature around drug excretion and potential infant toxicity for several substances is challenging and often limited to case reports.
 - Data on long-term outcomes may never be possible
- Use the known benefits and the data we have about risk to counsel women about initiation of breastfeeding and making a plan in case of re-use

| | Alcohol | Nicotine | THC | Kratom |
|-------------------------------------|---------|----------|-----------------|--------|
| Excreted into BM? | Yes | Yes | Yes | |
| How long is it in BM? | --- | --- | ~85 days | |
| Intoxication in baby from exposure? | | | No | |
| Long term effects in baby? | | | Motor at 1 year | |
| Oral bioavailability | | | 4-12% | |

| | Buprenorphine | Methadone | Fentanyl | Cocaine | Amphetamine |
|-------------------------------------|---------------|-----------|---------------------|----------|-------------|
| Excreted into BM? | Yes | Yes | Yes | Yes | Yes |
| How long is it in BM? | --- | --- | Unknown | 36 hours | 100 hours |
| Intoxication in baby from exposure? | No | No | Unknown | Yes | No |
| Long term effects in baby? | UTA | UTA | Unknown | Unknown | Unknown |
| Oral bioavailability | 15% | 36-100% | 50-64% TM/buccal | 20-60% | 75-100% |

Questions?

abbyjmontague@gmail.com

Resources:

- Sachs HC. The transfer of drugs and therapeutics into human breast milk: An update on selected topics. *Pediatrics*. 2013;132(3)
- LactMED[®] NIH Drugs and Lactation Database
 - LactRx app

References

- Anderson PO. Opioid Use in Breastfeeding. *Breastfeed Med*. 2021;16(5):366-369.
- Ariagno R, Karch SB, Middleberg R, Stephens BG, Valdès-Dapena M. Methamphetamine ingestion by a breast-feeding mother and her infant's death: People v Henderson. *JAMA*. 1995 Jul 19;274(3):215. doi: 10.1001/jama.274.3.215. PMID: 7609223
- Baker T, Datta P, Rewers-Felkins K, Thompson H, Kallem RR, Hale TW. Transfer of Inhaled Cannabis Into Human Breast Milk. *Obstet Gynecol*. 2018;131(5):783-788. doi:10.1097/AOG.0000000000002575
- Bartu A, Dusci LJ, Ilett KF. Transfer of methylamphetamine and amphetamine into breast milk following recreational use of methylamphetamine. *Br J Clin Pharmacol*. 2009;67(4):455-459. doi:10.1111/j.1365-2125.2009.03366.x
- Bertrand KA, Hanan NJ, Honerkamp-Smith G, Best BM, Chambers CD. Marijuana use by breastfeeding mothers and cannabinoid concentrations in breast milk. *Pediatrics*. 2018;142(3). doi:10.1542/peds.2018-1076
- Beauchamp GA, Hendrickson RG, Horowitz BZ, Spyker DA. Exposures Through Breast Milk: An Analysis of Exposure and Information Calls to U.S. Poison Centers, 2001-2017. *Breastfeed Med*. 2019;14(7):508-512. doi:10.1089/bfm.2019.0075
- Binkiewicz A, Robinson MJ, Senior B. Pseudo-Cushing syndrome caused by alcohol in breast milk. *J of Peds*. 1978;93(6):965-967. [https://doi.org/10.1016/S0022-3476\(78\)81220-7](https://doi.org/10.1016/S0022-3476(78)81220-7)
- Cohen RS. Fentanyl transdermal analgesia during pregnancy and lactation. *J Hum Lact*. 2009;25(3):359-361. doi:10.1177/0890334409333475
- Edwards DJ, Bowles SK. Protein binding of cocaine in human serum. *Pharm Res*. 1988 Jul;5(7):440-2. doi: 10.1023/a:1015992502509. PMID: 3247314
- Gibson L, Porter M. Alcohol and Tobacco use While Breastfeeding and Risk of Autism Spectrum Disorder or Attention Deficit/Hyperactivity Disorder. *J of Autism and Develop Dis*. 2022;52(3);1223-1234. <https://doi.org/10.1007/s10803-021-05027-3>
- Haastrup MB, Pottegård A, Damkier P. Alcohol and Breastfeeding. *Basic and Clin Pharm and Tox*. 2014;114(2):168-173. <https://doi.org/10.1111/bcpt.12149>
- Ito S. Opioids in Breast Milk: Pharmacokinetic Principles and Clinical Implications. *J Clin Pharmacol*. 2018;58(December 2017):S151-S163. doi:10.1002/jcph.1113
- Jansson LM, Velez M, Harrow C. Methadone maintenance and lactation: A review of the literature and current management guidelines. *J Hum Lact*. 2004;20(1):62-71. doi:10.1177/0890334403261027
- Josan C, Shiplap S, Fusch G, Raha S, Shea AK. Cannabis use during lactation may alter the composition of human breast milk. *Pediatr Res*. 2022 Oct 4. Online ahead of print. doi:10.1038/s41390-022-02315. (abstract only)
- Kaczor EE, Mathews B, LaBarge K, Chapman BP, Carreiro S. Cannabis Product Ingestions in Pediatric Patients: Ranges of Exposure, Effects, and Outcomes. *J Med Toxicol*. 2021;17(4):386-396. doi:10.1007/s13181-021-00849-0
- Kocherlakota P. Neonatal Abstinence Syndrome. *Pediatrics*. 2014;134(2):e547-e561. doi:10.1542/peds.2013-3524
- Drugs and Lactation Database (LactMed®) [Internet]. Bethesda (MD): National Institute of Child Health and Human Development; 2006-. Dextroamphetamine. [Updated 2021 May 17]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK501740/>

References

- Lawton ME. Alcohol in Breast Milk. *Austral and New Z J of Obst and Gyn.* 1985;25(1):71-73. <https://doi.org/10.1111/j.1479-828X.1985.tb00609.x>
- Little RE, Andersone KW, Ervin CH, Worthington-Roberts B, Clarren SK. Maternal alcohol use during breast-feeding and infant mental and motor development at one year. *NEJM.* 1989;321(7):425-430. <https://doi.org/10.1056/NEJM198908173210703>
- Little RE, Northstone K, Golding J & ALSPAC Study Team. Alcohol, breastfeeding, and development at 18 months. *Pediatrics.* 2002;109(5):E72. <https://doi.org/10.1542/peds.109.5.e72>
- Mennella JA, Beauchamp GK. The transfer of alcohol to human milk. Effects on flavor and the infant's behavior. *The New England Journal of Medicine,* 1991;325(14):981–985. <https://doi.org/10.1056/NEJM199110033251401>
- Mennella JA, Beauchamp GK. Beer, breastfeeding, and folklore. *Devel Psychobio.* 1993;26(8):459–466. <https://doi.org/10.1002/dev.420260804>
- Mennella JA. Infants' suckling responses to the flavor of alcohol in mothers' milk. *Alcoholism: Clin and Exp Res.* 1997;21(4), 581–585. <https://doi.org/10.1111/j.1530-0277.1997.tb03806.x>
- Mannella JA, Gerrish CJ. Effects of exposure to alcohol in mother's milk on infant sleep. *Pediatrics.* 1998;101:E2
- Meek JY, Noble L. Policy Statement: Breastfeeding and the Use of Human Milk. *Pediatrics.* 2022;150(1):1-15. doi:10.1542/peds.2022-057988
- Moss MJ, Bushlin I, Kazmierczak S, et al. Cannabis use and measurement of cannabinoids in plasma and breast milk of breastfeeding mothers. *Pediatr Res.* 2021;90(4):861-868. doi:10.1038/s41390-020-01332-2
- Neavyn MJ, Carey JL. Hallucinogens. In: Nelson LS, Howland M, Lewin NA, Smith SW, Goldfrank LR, Hoffman RS. eds. *Goldfrank's Toxicologic Emergencies, 11e.* McGraw Hill; 2019. Accessed January 17, 2023. <https://accesspharmacy-mhmedical-com.ezp1.lib.umn.edu/content.aspx?bookid=2569§ionid=210260102>
- Nelson L.S., & Howland M, & Lewin N.A., & Smith S.W., & Goldfrank L.R., & Hoffman R.S.(Eds.), (2019). *Goldfrank's Toxicologic Emergencies, 11e.* McGraw Hill. <https://accesspharmacy-mhmedical-com.ezp1.lib.umn.edu/content.aspx?bookid=2569§ionid=21025652>
- Nitsun M, Szokol JW, Saleh HJ, et al. Pharmacokinetics of midazolam, propofol, and fentanyl transfer to human breast milk. *Clin Pharmacol Ther.* 2006;79(6):549-557. doi:10.1016/j.clpt.2006.02.010
- Peden VH, Sammon TJ, Downey DA. Intravenously induced infantile intoxication with ethanol. *J of Peds.* 1973;83(3):490–493. [https://doi.org/10.1016/s0022-3476\(73\)80283-5](https://doi.org/10.1016/s0022-3476(73)80283-5)
- Perez-Reyes M, Wall ME. Presence of delta9-tetrahydrocannabinol in human milk. *N Engl J Med.* 1982;307(13):819-820. doi:10.1056/NEJM198209233071311
- Smith LM, Paz MS, Lagasse LL, et al. Maternal depression and prenatal exposure to methamphetamine: Neurodevelopmental findings from the Infant Development, Environment, and Lifestyle (IDEAL) study. *Depress Anxiety.* 2012;29(6):515-522. doi:10.1002/da.21956
- Steer PL, Biddle CJ, Marley WS, Lantz RK, Sulik PL. Concentration of fentanyl in colostrum after an analgesic dose. *Can J Anaesth.* 1992;39(3):231-235. doi:10.1007/BF03008782
- van den Anker J, Reed MD, Allegaert K, Kearns GL. Developmental Changes in Pharmacokinetics and Pharmacodynamics. *J Clin Pharmacol.* 2018;58(May):S10-S25. doi:10.1002/jcph.1284
- World Health Organization. *Guidelines for the Identification and Management of Substance Use and Substance Us Disorders in Pregnancy.*; 2014. doi:10.4324/9780429465666-17
- Wymore EM, Palmer C, Wang GS, et al. Persistence of Δ -9-Tetrahydrocannabinol in Human Breast Milk. *JAMA Pediatr.* 2021;175(6):632-634. doi:10.1001/iamapediatrics.2020.6098



| Drug | Molecular weight | pKa | LogP | Protein binding* |
|---------------------|------------------|------------|-------|---|
| Fentanyl | 336.5 | 8.43 | 4.5 | 80-85% |
| Cocaine | 303.35 | 8.7 | 2.3 | 90% |
| Methamphetamine | | 9.99 | 2.07 | Amphetamine 20% |
| Diacetylmorphine | 369.4 | 7.96 | 1.58 | None (morphine 20-30%) |
| THC | 314.5 | 10.6 | 5.65 | Dronabinol 97% (99 per ryan et al) |
| Alprazolam | 308.8 | | 2.12 | 80% |
| Etizolam | 342.8 | | 2.6? | |
| GHB | 104.1 | 4.72 | -0.6 | None |
| Ethanol | 46.07 | 15.9 | -0.31 | |
| LSD | 323.4 | 7.8 | 2.95 | 80% |
| PCP | 243.4 | 8.29 | 4.69 | |
| Ketamine | 237.72 | 7.5 | ~3 | 53% |
| Kratom (myragynine) | 398.5 | Weak base? | 3.4? | https://pubchem.ncbi.nlm.nih.gov/ |

*Concentration dependent



- Don't forget the why when discussing abstinence/decreasing use . . .

Approach to Counseling Mothers is Important
(Courtesy of Dr. Christine Murphy)

Marijuana Counseling Domains: Definitions and Examples

| Domain | Definition and Example |
|------------------------|---|
| No counseling | <p>No health care provider response to patient's marijuana use or disclosure; health care provider may assess last use if patient quit since confirming pregnancy but offers no information or counseling regarding marijuana use.</p> <p>OB: Any smoking, drinking, or drugs? PT: I smoked marijuana a month ago to 2 months ago. OB: And how much did you used to smoke? PT: Marijuana? OB: No, cigarettes. PT: Ah a pack would last me for 2 weeks. OB: Alright Ms. X. So again it is your first time seeing us, um, so we are going to do a number of tests that we do for everybody on their first pregnancy visit.</p> |
| Punitive | <p>Counseling focused on the legal ramifications of patient's marijuana use; patient wamed child protective services will be contacted or informing patient that urine drug screening will be performed (at visit; at delivery).</p> <p>OB: Um, the issue with marijuana specifically is just that it is illegal. So at the time of delivery, they will do a urine drug test because you have a history of using it. If it is positive, at the time of delivery, they will often have you, like force you to talk to the child protective services because it is a risk factor.</p> |
| Medical | <p>Counseling focused on medical risks of marijuana use such as comparing the negative outcomes of smoking tobacco (small gestational age, preterm birth, asthma); includes discussions regarding nausea and suggestions of using or prescribing medications for nausea in place of marijuana.</p> <p>OB: We do know it can affect size of the babies and things like that. And we want your baby to develop as healthy as possible. And you know how it alters your mind when you have it, how it makes you feel, so think about what it is doing to the baby that is not even formed quite yet. It gets the effects as well. And we don't want to do that to the baby.</p> |
| Helpful and supportive | <p>Counseling included offering resources such as social work or counseling referrals, providing encouragement and support to quit; health care provider notes intention to follow-up with patient on quit efforts.</p> <p>OB: If you find yourself in a position where you feel like you can't stop using...there are lots of avenues that we can help you explore to...keep you clean and sober...So let us know if there is anything we can do to help.</p> |
| Unclear | <p>Counseling is not specific, health care provider expressed uncertainty of effects of marijuana use during pregnancy, patients advised to quit without providing information on risks or other educational information.</p> <p>OB: Ok, so our goal is to keep you off of everything during pregnancy.</p> |

- Are we doing a good enough job?

Encouraging Moms with SUD to Breastfeed



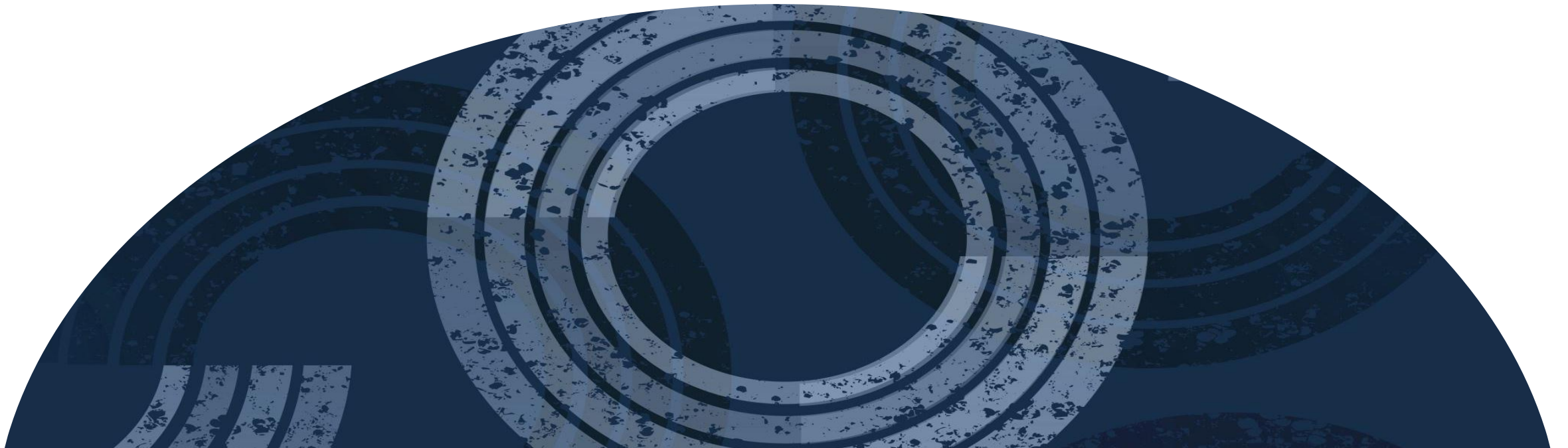
Initiating Breastfeeding

- Methadone
 - 71% initiated breastfeeding in hospital
 - 19% breastfeeding on discharge
- Buprenorphine
 - 82% initiated breastfeeding in hospital
 - 31% breastfeeding on discharge

- How does that compare
 - 90% initiation
 - 84% breastfeeding at discharge

Encouraging Moms with SUD to Breastfeed

- Are we doing a good enough job?
- Do we exhibit biases towards mothers with SUD?
- What is our messaging to mom about breastfeeding?



| | Buprenorphine | Methadone | Fentanyl | Cocaine | Amphetamine | MJ |
|-------------------------------------|---------------|-----------|------------------|----------|-------------|-----------------|
| Excreted into BM? | Yes | Yes | Yes | Yes | Yes | Yes |
| How long is it in BM? | --- | --- | Unknown | 36 hours | 100 hours | ~85 days |
| Intoxication in baby from exposure? | No | No | Unknown | Yes | No | No |
| Long term effects in baby? | UTA | UTA | Unknown | Unknown | Unknown | Motor at 1 year |
| Oral bioavailability | 15% | 36-100% | 50-64% TM/buccal | 20-60% | 75-100% | 4-12% |

Clinical Scenario (Pic on right)

- Patient

Substance

Amount

- M:P
- RID
- AID

Substance

Toxicity

Ref

Long-term toxicity?

Substance

Duration

- # days

Nicotine

